



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01059, Milk, filled, fluid, with blend of hydrogenated vegetable oils

Report Date: July 05, 2017 03:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Proximates						
Water	g	87.67	--	--	213.91	855.66
Energy	kcal	63	--	--	154	615
Energy	kJ	264	--	--	644	2577
Protein	g	3.33	--	--	8.13	32.50
Total lipid (fat)	g	3.46	9	0.078	8.44	33.77
Ash	g	0.80	--	--	1.95	7.81
Carbohydrate, by difference	g	4.74	--	--	11.57	46.26
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	128	--	--	312	1249
Iron, Fe	mg	0.05	--	--	0.12	0.49
Magnesium, Mg	mg	13	--	--	32	127
Phosphorus, P	mg	97	--	--	237	947
Potassium, K	mg	139	--	--	339	1357
Sodium, Na	mg	57	--	--	139	556
Zinc, Zn	mg	0.36	--	--	0.88	3.51
Copper, Cu	mg	0.010	--	--	0.024	0.098
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.0	--	--	4.9	19.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.9	--	--	2.2	8.8
Thiamin	mg	0.030	--	--	0.073	0.293

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Riboflavin	mg	0.123	--	--	0.300	1.200
Niacin	mg	0.087	--	--	0.212	0.849
Pantothenic acid	mg	0.301	--	--	0.734	2.938
Vitamin B-6	mg	0.040	--	--	0.098	0.390
Folate, total	µg	5	--	--	12	49
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	49
Folate, DFE	µg	5	--	--	12	49
Vitamin B-12	µg	0.34	--	--	0.83	3.32
Vitamin A, RAE	µg	2	--	--	5	20
Retinol	µg	2	--	--	5	20
Vitamin A, IU	IU	7	--	--	17	68
Lipids						
Fatty acids, total saturated	g	0.768	--	--	1.874	7.496
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.003	9	0.001	0.007	0.029
10:0	g	0.004	9	0.001	0.010	0.039
12:0	g	0.017	9	0.006	0.041	0.166
14:0	g	0.030	9	0.009	0.073	0.293
16:0	g	0.490	9	0.031	1.196	4.782
18:0	g	0.232	9	0.013	0.566	2.264
Fatty acids, total monounsaturated	g	1.783	--	--	4.351	17.402
16:1 undifferentiated	g	0.001	9	0.001	0.002	0.010
18:1 undifferentiated	g	1.785	9	0.051	4.355	17.422
Fatty acids, total polyunsaturated	g	0.750	--	--	1.830	7.320
18:2 undifferentiated	g	0.717	9	0.023	1.749	6.998
18:3 undifferentiated	g	0.027	9	0.006	0.066	0.264
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	2	--	--	5	20
Phytosterols	mg	6	--	--	15	59
Amino Acids						
Tryptophan	g	0.047	--	--	0.115	0.459

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Threonine	g	0.150	--	--	0.366	1.464
Isoleucine	g	0.201	--	--	0.490	1.962
Leucine	g	0.326	--	--	0.795	3.182
Lysine	g	0.264	--	--	0.644	2.577
Methionine	g	0.084	--	--	0.205	0.820
Cystine	g	0.031	--	--	0.076	0.303
Phenylalanine	g	0.161	--	--	0.393	1.571
Tyrosine	g	0.161	--	--	0.393	1.571
Valine	g	0.223	--	--	0.544	2.176
Arginine	g	0.121	--	--	0.295	1.181
Histidine	g	0.090	--	--	0.220	0.878
Alanine	g	0.115	--	--	0.281	1.122
Aspartic acid	g	0.253	--	--	0.617	2.469
Glutamic acid	g	0.697	--	--	1.701	6.803
Glycine	g	0.070	--	--	0.171	0.683
Proline	g	0.323	--	--	0.788	3.152
Serine	g	0.181	--	--	0.442	1.767
Other						